# ASCS Today

By Tom Conrad

**Set-Aside Program** - The 1978 Wheat and Feed Grain Set-Aside Program signup has been extended to May 15, 1978. As of last Friday there had been 89 farms signed up to participate in the program. It is hoped that the extended sign-up period will bring more farmers to the ASCS office to inquire about the program and to signup.

In talking to farmers in the county about the program, I have heard that many farmers have not signed up simply because they do not completely understand why the program is in effect and the benefits they are eligible to receive by participating.

Because of the excess of grain stocks on hand, prices received by farmers have been very low. In each of the past three years, the U.S. wheat crop topped 2 billion bushels, outpacing actual use.Come May 30 at the close of the current marketing year, wheat stocks will mount to a record 1.2 billion bushels. The same story is true for feed grains. Stocks of feed grains on January 1 totaled a record 186 million short tons, 14 percent above a year ealier. By participating in the Set-Aside Program, farmers will be taking land out of production (20% set aside for wheat planted and 10% set aside for feed grains planted). The land that is to be taken out of production has to be land that has been tilled in a crop within one of the last three years or land that is in a regular crop rotation pattern. As expected, this will reduce the production of grain thus inabling the excess buildup of carryover stocks to level off, which should serve to increase prices received by farms on grain.

The program is voluntary, but by participating and setting aside the minimum required, a farmer is assured of bring eligible to receive disaster payments, deficiency payments, price support, and participate in the grain reserve. Disaster payments can be received in the event of drought, flood, etc. Over 300 farms in Appomattox county received such payment for 1977 crops. Deficiency payments can be received due to low grain prices. Over 500 farms in Appomattox County received such payments due to low prices received in 1977. Price support loans are made to farmers who store their grain on the farm or in warehouses and wait for better prices before selling. There are a few farms in Appomattox that obtain price support loans. The grain Reserve is for farmers which have price support loans on a commodity and wish to put the commodity in the three year reserve program and receive annual payments on the commodity. The Grain Reserve is another tool which will serve to increase grain prices. It keeps grain off the market and it also provides a reserve in time of emergency.

Farmers who participate in the Set-Aside Program also have a couple of other options. Those who participate in the Wheat Set-Aside may receive payments for grazing or hay wheat planted for harvest, and those who participate in the feed grain set-aside may receive a payment for diverting additional acreage equal to 10 percent of their planted acreage.

Under the Wheat Set-Aside, acres for payment are limited to the larger of 50 acres or 40% of the total acreage of barley, corn, grain sorghum and wheat intended for harvest. The payment rate per acre is the higher of the 1978 wheat deficiency payment rate or $.50 times the farm established yield, times the actual acreage for harvest. The 1978 acreage for harvest of each crop for which this voluntary diversion is made cannot exceed the 1977 planted acreage of that crop.

If you have any questions concerning the Set-Aside Program and want to participate, please stop by the ASCS office by May 15.

**Emergency Feed Program** - Farmers who are signed up under the Emergency Feed program are reminded that the final date for submitting bills for reimbursement is May 10, 1978.

**ELEMENTARY SCHOOL MENU**

Mon., May 8 - Meat loaf, hot rolls, buttered green peas, whipped potatoes, sliced peaches, milk.

Tues., May 9 - Ham & cheese sandwich, turnip greens, candied yams, fruit cup, milk.

Wed., May 10 - Baked beans w/franks, cole slaw, hot rolls, apple cobbler, milk.

Thurs., May 11 - Spaghetti w/meat sauce, hot rolls, tomato and lettuce salad w/french dressing, cheese strips, pear halves, milk.

Fri., May 12 - Turkey salad, hot rolls, green beans, creamed potatoes, sliced peaches, milk, cookies.

photo by Joe Vaughan

## Prom Was Big Success

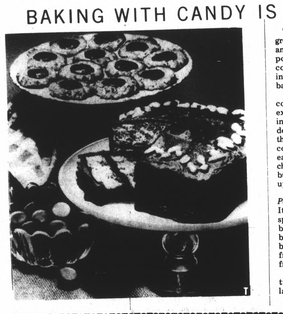
It was not magic that made Saturday, the 29th of April, a special night but the Junior-Senior Prom which was held in the Appomattox County High School cafeteria. The well dressed couples danced from 8:00 - 12:00 to the music of a live band named CRIMSON. Two especially happy people were Glen Duff and Donna Volturo who were crowned the King and Queen of the 1978 Prom. They were accompanied by a court of several princes and princesses: Gary Tanner, Robert Dyess, Rindy Lawson, and Sheena Watts.

The theme, "Nights on Broadway," was portrayed by decorations of Broadway plays. The picture taking area was a New York scene, complete with a park bench and live plants. Delicious refreshments of punch and cookies were provided by the Junior Class.

The Juniors wish to thank everyone who helped make their Prom the great success that it was. It was obvious that a tremendous amount of labor went into making the Prom a total success.

Beth Carter.

## BAKING WITH CANDY IS DANDY



Two great tastes that taste great together are *chocolate* and *peanut butter*. Proven popular in candy, the flavor combination is also a winner in the particularly good baked treats, featured here.

Crunchy peanut butter cookies become something extra special if, before baking, you make a thumbprint depression in the center of the cookies, then, as they come hot from the oven, fill each center with a milk chocolate covered peanut butter cup. Kids'll eat 'em up!

Just plain delicious is our *Peanut Butter Candy Cake*. Its great taste comes from sprinkling chopped peanut butter cups on top of the batter before baking. The baked cake is then lavishly frosted with a creamy cocoa frosting.

Don't miss out on these two candy-inspired chocolate-peanut butter treats. They'll become family favorites.

**BUTTERCUP CANDY COOKIES**

1/2 cup butter or margarine
1/2 cup peanut butter
1/2 cup packed light brown sugar
1/4 cup sugar
1 egg
1-3/4 cups unsifted all-purpose flour
1 teaspoon baking soda
1/8 teaspoon salt
1 egg white
1 tablespoon water
1 cup crushed corn cereal
1 10-ounce package Reese's Bite Size Milk Chocolate Covered Peanut Butter Cups (40 cups)

Cream butter, peanut butter, brown sugar and sugar until light and fluffy; blend in egg. Combine flour, baking soda and salt; add to creamed mixture. Roll dough into 1-inch balls. Combine egg white and water; beat with fork until foamy. Roll balls in egg white mixture, then in crushed cereal. Place on ungreased cookie sheet and press with thumb or finger tips in center making a depression about 1-inch wide. Bake at 375°F. for 8 to 10 minutes or until set. Remove from oven and immediately place a peanut butter cup in center of each cookie. Cool cookies sheet 1 minute; carefully remove and cool on wire rack. About 40 cookies.

**PEANUT BUTTER CANDY CAKE**

1-3/4 cups boiling water
1 cup quick-cooking rolled oats
1/2 cup butter or margarine
1 cup packed light brown sugar
1 cup sugar
1 teaspoon vanilla
2 eggs
1-1/2 cups unsifted all-purpose flour
1 teaspoon baking soda
1/2 teaspoon baking powder
1/4 teaspoon cinnamon
1/4 teaspoon salt
5 Reese's Milk Chocolate Covered Peanut Butter Cups (0.6 ounce each)

Combine water and rolled oats; cool to room temperature. Cream butter, brown sugar, sugar and vanilla; beat in eggs. Blend in oatmeal mixture. Combine remaining ingredients except peanut butter cups; add to creamed mixture. Beat 1 minute on medium speed. Pour batter into two greased and floured 8x8x2-inch square pans or one 13x9x2-inch pan. Chop peanut butter cups and sprinkle onto top of batter. Do not stir. Bake at 350°F. for 30 to 35 minutes for the square pans; 40 to 45 minutes for oblong pan, or until cake tests done.

**COCOA BUTTERCREAM FROSTING**

1/2 cup Hershey's Cocoa
2-2/3 cups confectioners' sugar
6 tablespoons butter or margarine
1/8 teaspoon salt
4 to 5 tablespoons milk
1 teaspoon vanilla

Combine cocoa and confectioners' sugar. Cream butter and salt with one-third of the sugar mixture. Gradually add milk, vanilla and remaining sugar mixture; beat until desired spreading consistency.


## Check The Value Packed Cars

**1977 CHEVROLET**
Impala - 2 Door - White-Red Vinyl Top - Automatic - Air Conditioned - AM/FM Stereo Radio - Cruise Control

**1977 CHEVROLET**
Impala - 4 Door - Silver W/Blue Vinyl Top - Blue Vinyl Interior - Automatic - Air Conditioned - New Tires - Like New.

**1977 CHEVROLET**
Impala - 4 Door - Buckskin W/Buckskin Vinyl Interior - Air Conditioning - AM/FM Radio - Cruise Control

**1976 FORD**
LTD - 4 Door - Beige - Brown - Air Conditioned - Cruise Control - Only 35,000 Miles

**1976 CHEVROLET**
Impala - 4 Door Sedan - Green W/Brown Cloth - Air Conditioned - AM/FM Radio

**1976 CHEVROLET**
Impala - 4 Door Sedan - Silver W/Blue Vinyl Top - Blue Vinyl Seats - Automatic - Air Conditioned - AM Radio - One Owner

**1973 PONTIAC**
Lemanns Luxury - 2 Door - Mahogany - W/Black Vinyl Top - Red Vinyl Bucket Seats - AM/FM Radio - Automatic - Air Condition

## TRUCKS

**1977 CHEVROLET**
El Camino - Brown - W/Tan Top - Automatic - Air Conditioned

**1976 CHEVROLET**
Blazer 4WD - Blue & White - 4 Speed - AM Radio - Power Steering - Rear Seat - Like New

**1976 CHEVROLET**
Luv - Blue W/Blue Vinyl Seats - 4 Speed - AM Radio - Low Mileage

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## PSYCHOLOGY

"TEENAGERS WHO WANT TO MAKE NEW FRIENDS CAN DO SO BY JOINING EXTRA-CURICULAR ACTIVITIES AT SCHOOL - SAY, A PHOTOGRAPHY OR DRAMATICS CLUB, A SPORTS OR DEBATING TEAM. THEN THEY CAN INVITE THE WHOLE GANG HOME ONE AFTERNOON FOR A MUG OF HOT SPICED TEA AND A SNACK TO KEEP THE GOOD FEELINGS ALIVE AND TO MAKE FRIENDSHIPS BLOSSOM.


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## TIPS FOR HOMEOWNERS
Fix It Yourself For Safety & Economy

### BE YOUR OWN TV REPAIRMAN

Surprisingly, there are many jobs you can handle yourself—jobs for which many of your neighbors might ordinarily turn to a repairman.

Take your TV. When you get a black screen, no picture and no light this is one recommended procedure:

1. Make sure the set is plugged in.
2. Test wall outlet with a lamp you know is working; replace house fuse or reset house circuit breaker if outlet is dead.
3. Some sets have built-in circuit breakers in back. Try resetting it. (It will click if it was open.)
4. Many portables and table models with vacuum tubes are wired so that all tubes will go out if the filament of one tube goes bad. Take the set to a repair shop to have the tubes checked.

Interestingly, there's an easy-to-follow book that gives clear advice on how to fix 1,001 things that can go wrong around the house. The "Fix-It-Yourself Manual" has been compiled by the editors at Reader's Digest and is available at bookstores. It can put an end to paying for service calls and parts when many times you can fix it yourself. And get the satisfaction of doing the job just as well.

Americans consume 3,420,000,000 pounds of candy a year, about 18 pounds per person, according to World Book Encyclopedia.

Charter No. 1522
National Bank Region No. 5
REPORT OF CONDITION, CONSOLIDATING DOMESTIC SUBSIDIARIES, OF THE

**FIDELITY AMERICAN BANK NA of LYNCHBURG**

IN THE STATE OF VIRGINIA, AT THE CLOSE OF BUSINESS ON MARCH 31, 1978. PUBLISHED IN RESPONSE TO CALL MADE BY COMPTROLLER OF THE CURRENCY, UNDER TITLE 12, UNITED STATES CODE, SECTION 161.

| ASSETS | Thousands of Dollars |
|---|---|
| Cash and due from banks | $104,541 |
| U.S. Treasury securities | 14,168 |
| Obligations of other U.S. Government agencies and corporations | 30,227 |
| Obligations of States and political subdivisions | 25,866 |
| Other bonds, notes, and debentures | 10 |
| Federal Reserve stock and corporate stock | 457 |
| Trading account securities | 697 |
| Federal funds sold and securities purchased under agreements to resell | 40,566 |
| Loans, Total (excluding unearned income) $316,781 | |
| Less: Reserve for possible loan losses $ 2,997 | |
| Loans, Net | 313,784 |
| Direct lease financing | 3,854 |
| Bank premises, furniture and fixtures, and other assets representing bank premises | 8,095 |
| Real estate owned other than bank premises | 502 |
| Investments in unconsolidated subsidiaries and associated companies | None |
| Customers' liability to this bank on acceptances outstanding | 1,000 |
| Other assets | 4,756 |
| TOTAL ASSETS | $548,625 |
| **LIABILITIES** | |
| Demand deposits of individuals, partnerships, and corporations | $ 90,503 |
| Time and savings deposits of individuals, partnerships, and corporations | 271,388 |
| Deposits of United States Government | 1,172 |
| Deposits of States and political subdivisions | 26,787 |
| Deposits of foreign governments and official institutions | None |
| Deposits of commercial banks | 5,223 |
| Certified and officers' checks | 3,998 |
| TOTAL DOMESTIC DEPOSITS $102,899 | $398,070 |
| Total demand deposits $295,171 | |
| Total time and savings deposits | None |
| Total deposits in foreign offices | |
| TOTAL DEPOSITS IN DOMESTIC AND FOREIGN OFFICES | 398,070 |
| Federal funds purchased and securities sold under agreements to repurchase | 55,343 |
| Liabilities for borrowed money | 31,130 |
| Mortgage indebtedness | None |
| Acceptances executed by or for account of this bank and outstanding | 1,000 |
| Other liabilities | 5,379 |
| TOTAL LIABILITIES (excluding subordinated notes and debentures) | $510,921 |
| Subordinated notes and debentures | 55,000 |
| **EQUITY CAPITAL** | |
| Preferred stock No. Shares outstanding (par value) None | None |
| Common Stock a. No. Shares authorized 436,364 | |
| b. No. Shares outstanding 436,364 | |
| (par value) | 4,363 |
| Surplus | 10,867 |
| Undivided profits | 17,474 |
| Reserve for contingencies and other capital reserves | None |
| TOTAL EQUITY CAPITAL | 32,704 |
| TOTAL LIABILITIES AND EQUITY CAPITAL | $548,625 |
| **MEMORANDA** | |
| Average for 30 calendar days ending with call date: | |
| Cash and due from banks | $109,221 |
| Fed. funds sold and securities purchased under agreements to resell | $ 18,300 |
| Total loans | $314,219 |
| Time deposits of $100,000 or more in domestic offices | $ 33,984 |
| Total deposits | $395,496 |
| Fed. funds purchased and securities sold under agreements to repurchase | $ 63,978 |
| Liabilities for borrowed money | $ 25,613 |
| TOTAL ASSETS | $539,558 |
| Standby letters of credit (outstanding as of report date) | $ 2,931 |
| Time certificates of deposit in denominations of $100,000 or more (outstanding as of report date) | $ 32,922 |
| Other time deposits in amounts of $100,000 or more (outstanding as of report date) | None |

I, Robert D. Davis, Controller, of the above-named bank, do hereby declare that this report of condition is true and correct to the best of my knowledge and belief.

Robert D. Davis
April 27, 1978.

We, the undersigned directors attest the correctness of this statement of resources and liabilities. We declare that it has been examined by us, and to the best of our knowledge and belief is true and correct.

Directors:
KENNETH S. WHITE
B. C. BALDWIN, JR.
RICHARD A. CARRINGTON, III

HONORED ON BIRTHDAY

Mrs. Lillian Hudson, (L. B. ) is shown with eight of her nine children at her 85th birthday celebration held on Sunday, April 30, 1978 at the Monroe Lodge in Appomattox.

Mrs. Hudson, the former Lillian Driscoll of Appomattox and her late husband are the parents of nine children, 8 boys and one girl, all of whom were present for the occasion with the exception of one son. She has 22 grandchildren and 12 great-grandchildren.

The sixty-eight guests present for the occasion enjoyed a most delicious dinner and fellowship. Mrs. Hudson received many lovely gifts.

## CANCER Answer line
American Cancer Society

A regular feature, prepared by the American Cancer Society, to help save your life from cancer.

*A telephone operator asks:* "What can I do to prevent cancer from striking me?"

ANSWERline: The single most important step that you can take is to quit cigarettes if you are a smoker. There will be an estimated 92,000 lung cancer deaths in this country in 1978 and at least 80 percent of them could be prevented by ending the cigarette habit. Heavy smokers who also are heavy drinkers have an extra cancer risk. Here again cancer could be prevented through altered life styles. Another common form of cancer that you can help to prevent is skin cancer which is largely caused by overexposure to the sun. A number of today's scientists believe that a diet low in cholesterol and dietary fats, and adequate in fiber, is a prudent one. There is, however, no conclusive evidence that it does prevent cancer. To assess your own personal cancer risk, have a talk with your physician and be sure to mention your family's health history, for example, if your mother or sisters have had breast cancer. Please keep this point in mind: there is no 100 percent guarantee that a person will not develop cancer. Having regular check-ups, including cancer tests, is a good idea because an early cancer has the best chance of cure.

*A teenager explains:* "One of my friends says that she is a 'DES' daughter and might get cancer. Is this true? What does 'DES' mean?"

ANSWERline: There is a possibility, but only a very remote one, that your friend will develop cancer. Since she knows that she is a DES daughter, she is probably under medical care which is extremely important. DES stands for diethylstilbestrol a synthetic hormone which your friend's mother took during her pregnancy because of medical complications. While this drug was widely used, beginning in the 1940's, it was banned for use during pregnancy by the Federal Food and Drug Administration in 1971 because a small number of daughters of women who took DES developed a rare form of vaginal cancer. There have been many publicity campaigns to alert women and daughters to this information. They are urged to seek immediate medical attention. Since women may not remember the drug they took many years ago, any woman who used medication during her pregnancy should discuss this matter with a physician.

*A woman writes:* "Last week I fell against a filing cabinet and bruised one of my breasts. I am now afraid of getting breast cancer."

ANSWERline: While many women mistakenly believe that a blow or injury can cause breast cancer, this is simply not true. Sometimes a bruise to the breast can call attention to a lump or swelling that was already there. This coincidence may be responsible for the erroneous belief. A visit to your physician may reassure you on this point.

## Virus Causes Skin Warts

A wart is a virus infection of the outer layer of the skin.

Ordinary warts aren't harmful. Often they will eventually go away, even without treatment. They will not become cancerous. Children get warts more often than adults. Some persons seem to be immune and never get them. Warts are contagious and can be transmitted from one person to another. Scratching warts can cause them to spread.

Unless the wart is so located that it is constantly irritated, such as in the beard or scalp, or is unsightly, it often is just as well to let it alone. If your wart bothers you, for either physical or cosmetic reasons, ask your doctor to remove it.

Warts can occur on any part of the skin, but most often appear on the hands and fingers and on the soles of the feet. Plantar warts, those on the soles, cause the most trouble, the American Medical Association points out.

Plantar warts can be pinhead size, or an inch or two in diameter. If they occur on the pressure points of the foot, they can be exceedingly painful. They push inward with each step. Plantar warts usually are so uncomfortable, sometimes disabling, that treatment is required.

Plantar warts can be very stubborn, and your doctor may need to try several different treatments. Common treatments are electrosurgery, which destroys the wart with an electric current, and freezing with dry ice or liquid nitrogen. Another common treatment is to burn out the wart with an acid.

Sometimes radiotherapy is used. Sometimes it is necessary to try a combination of several treatments.

About half of all warts disappear spontaneously. We don't know why, but through the years many physicians have reported successes with some form of suggestion therapy. Some people believe that warts can be "charmed" away. If the patient has faith in a certain treatment for warts — no matter how ridiculous or unscientific — sometimes the treatment will work.

Research still is going on on warts. They are often a nuisance and a definite cure would be most welcome.

## Pamplin Ruritans Hear Mrs. Moses

Mr. and Mrs. C. T. Moses, Jr. and Dr. and Mrs. William Trimyer were special guests of the Pamplin Ruritan Club. Mrs. Moses presented a fine program on her tour of the Holy land and Greece.

Speaking to the "Ladies Night" gathering, Mrs. Moses told of her experiences during the September tour in which the late Dr. J. J. Bowman served as tour guide. "Walking on hallowed ground, the land of Abraham, Jacob, Jesus and his disciples and the apostle Paul really makes the Bible more real to me", she said. She summarized the Holy Land as having always been a land of unrest. It is a bridge between three continents and is a land of three religious faiths, Judaism, Islam, and Christianity. She reported that it is also a very dry land with little or no rainfall from April through September.

The Pamplin Ruritans are finalizing plans for the grand opening Saturday, May 20th, at the Pamplin Community Center. Everyone is invited to attend and participate in the festivities which will begin at 10 a.m. and end at 6 p.m. Club President Ryland Womack reported that the Evergreen Ruritans have accepted the challenge of the Pamplin Ruritans to play a softball game Saturday afternoon.

It was also announced that Pamplin's first softball tournament of the season will begin this week end at the Pamplin Field. Everyone is invited to attend and there is no admission. Refreshments will be available at the Snack Bar.

## National Honor Society Meets

The National Honor Society of ACHS held its regularly monthly meeting Wednesday, April 26, 1978 in the school's auditorium.

Rindy Lawson, president, called the meeting to order. Laura Shorter had devotions. Ronnie Richardson read the treasurer's report and Marlene Moore read the minutes of the last meeting and had roll call.

Mrs. Mary G. Holland was a very welcomed guest at the meeting and spoke on selling poppies around the school on May 19. She asked members of the club to help.

Volunteers were asked for from the club to help with the Special Olympics students who participated in the track and field events in Lynchburg on Saturday, April 29.

Next in the meeting, new officers were elected to the club for the 1978-79 school session. They are as follows: President, Freddy Mitchell; Vice-Presidents, Cindy Roach and Sue Lawson; Secretary, Shelby Dunnam; Reporter, Jan Coggins; Chaplin, Mary Dyess; and Treasurer, Benny Harvey. With this group of fine officers, next year's club will be a good one.

After the election of new officers, it was voted upon to have a club picnic to be held at Holiday Lake in the near future. The club was entertained by "The Stage Band" and was then adjourned by the president, Rindy Lawson.

Doris Hughes, Reporter

## COUNTY LINE

Mrs. Courtney Mann visited her husband in a Richmond Hospital on Sunday.

Visitors of Mrs. Lelia Mann last week were Mr. and Mrs. Dillard Reed, Mr. and Mrs. Major Richerson, Mr. and Mrs. John Archer and Mr. and Mrs. Hunter Nash.

Mrs. Lulu Mann spent last week with her son, Mr. and Mrs. L. B. Mann and family, of Lynchburg.

Mr. and Mrs. Twyman Nash attended the Sharp reunion Sunday.

Mrs. Winifred Nash, Mrs. Richard Nash, Mrs. Elliott Nash, Wendy Nash and Dawn Kerr attended a birthday party on Saturday in the home of Mr. and Mrs. Ray Layne of Lynchburg honoring Missy Layne on her ninth birthday.

Mr. and Mrs. Richard Nash visited Mr. and Mrs. Clarence Gobble and Mr. Herman Guill Sunday night.

Mr. and Mrs. R. B. Treadway, of Johnson City, Tenn., spent the week end with Mr. and Mrs. Shelby Tucker.

Saturday night visitors in the home of Mr. and Mrs. Shelby Tucker were Mr. and Mrs. Edd Collins and Eric, Mrs. Barbara Arnold and children. Mr. and Mrs. Gordon Tucker and family visited in this home on Sunday.

Visitors of Mrs. Elliott Nash and Dawn Sunday were Mrs. Linda Howard and children and Mr. and Mrs. Loyd Nash and Tina.

Mrs. Richard Nash, Mrs. Brenda Layne and Mrs. Elliott Nash visited Mrs. Laura Ferguson Saturday afternoon in the home of Mrs. Marie Coleman. Glad to know Mrs. Ferguson is getting along nicely.

Mr. and Mrs. Raymond Mullins and family visited relatives in Franklin County Sunday.

Mrs. Cecil Nash and girls visited Mr. and rs. A. B. Evans, Jr. Sunday afternoon.

Dinner guests in the home of Mr. and rs. John Archer on Sunday were his parents Mr. and Mrs. R. B. Archer, Sr., Mr. and Mrs. Earnest Frost and daughters, Debra and Janet and Miss Carolyn Thompson of Portsmouth. Later in the afternoon Mrs. R. B. Archer's birthday was celebrated by the arrival of her children, mr. and Mrs. R. B. Archer, Jr. and family, Mr. and Mrs. Casey Archer and family, Mr. and Mrs. Earl Archer and family and Mr. and Mrs. Ray Fanney and family.


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## Swim Safety

As the outdoor swimming season approaches, the safety experts predict with certainty that some thousands of Americans will drown in the coming summer months.

They will drown in swimming pools, in lakes and streams, at ocean beaches. Some will drown,while in for a refreshing dip, and others will fall out of boats and off docks and piers.

Many, if not most, of these drownings need not happen.

The American Medical Association offers some basic safety rules that will help to avoid a tragic water accident for your family. ~

- Learn to swim, and to relax in the water.
- Never swim alone.
- Do not swim when overly tired or when the water is extremely cold.
- Do not overestimate your ability and endurance.
- Swim at protected pools or beaches under the supervision of a trained lifeguard.
- If a boat overturns, stay with it. Don't try to swim a long distance to shore.
- Never dive into waters of unknown depth.
- Try new activities, such as water skiing or scuba diving, only after learning the skills from qualified instructors.

Many families will do most of their swimming this season in private pools, in their own backyards or in those of a friend or neighbor. There also are some special safety precautions for private pools.

- Make certain the pool is kept clean and the water chemically purified.
- Walk, don't run, about the pool. Horseplay is dangerous.
- Fence the pool and keep the gate locked to keep out small children.
- Keep handy rescue equipment, such as long poles and ring buoys.
- Keep bottles and glasses away from the concrete or metal pool deck.


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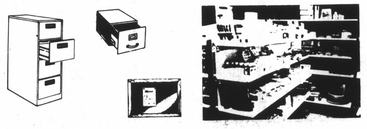

We list only a few

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- HOME FILES
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- MONEY BOXES
- ONION SKIN PAPER
- PENCIL SHARPENERS
- GRAPH PAPER
- ADDRESS LABELS
- FILE FOLDERS
- FILE GUIDES
- MARKING TAGS
- BULLETIN BOARDS
- CHALK BOARDS
- CHALK
- PAPER PUNCHES
- POSTAL SCALES
- LEDGER SHEETS
- LEDGERS
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